

Against Suicide

(Before you kill yourself, you could at least read this)

Recently there has been a rash of suicides at the local prison, which has stirred me to the need to address this subject, for the benefit of any others who may be considering it.

To fight and resist such thoughts, it helps to understand the motivating feelings, but the answer is the same for all of them. That is, the answers may differ, but the source of each answer is God, through Christ.

What would cause someone (you) to consider doing away with themselves? It could be feelings of loneliness, a belief that nobody cares, hopelessness, guilt, feelings of worthlessness and failure, lack of purpose, fear, pain, self-pity, bullying, or even the side effects of certain medications.

I would imagine that the first five in the list above are prominent in causing a prisoner to consider suicide, especially in a time of lockdown, as with the current virus situation.

What is Wrong with Suicide?

1. God alone is the giver of life, and he has a plan for your life, and death.
2. God has commanded us not to commit murder. What is suicide, if not self-murder? Do you want your last conscious act of this life to be a rebellion against God's express will?
3. If suicide is to escape the pains (either physical or mental) of this life, what comes next? Death is not a cessation of existence – we are spiritual beings, and the death of our physical bodies will not bring peace or freedom unless we are in a right relationship with God. There is a heaven, and there is a hell. God has given us the opportunity to avoid the eternal punishment that we deserve because of our sins.
4. To commit suicide is to deny God's ability or willingness to help us.
5. Most of the motivating feelings (like hopelessness) are temporary; they come and go in differing intensity. Suicide however, is final and irreversible. Why would you take a permanent action to resolve a temporary problem?
6. It is to ignore the multitudes of people who have successfully resisted the same feelings that are getting you down. They have gotten through the "valley", and so can you.

God does not want you to kill yourself. He will give you a way out of your current crisis, if you will submit to him and surrender your life to him.

How to Resist Thoughts of Suicide

1. If you are taking a medication that lists "thoughts of suicide" as a side effect, you must somehow get off that medication! Perhaps there is some safer substitute.
2. Get right with God. He sent his Son, Jesus Christ, who died on the cross to bear the punishment of your guilt. Three days later he was raised from the dead, and now he is in heaven at the right hand of the Father. If you believe on him, he will deliver you from spiritual death, and make you alive in Christ. He will make you an adopted son of God.

See John 1:1-14 and 3:16-18. Also Romans 3:23-25, 5:1, 5:6-10, 6:23, 8:1-2, 8:28 and Ephesians 2:8-10.

3. There are spirits (demons) whose purpose is to badger you with negative feelings until you kill yourself. As a child of God, you can resist these spirits in the name of Jesus Christ, and get a clearer mind. Jas. 4:7 says "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

For example, pray something like this: "God I thank you for saving me through Jesus Christ, and stopping me from killing myself. Now I rebuke and resist those suicidal demons that have been affecting my mind, and command them to leave me, in Jesus' name. I am a child of God, and I belong to him. Even though I do not yet see the way out of my difficulties, I trust God to give me the answers and allow me to live out my natural life according to his will, and I will not die until he says it is time to go."

4. Once you are a Christian, then you need to look to him to resolve these feelings that have been bothering you. Look for scripture verses in the Bible that address your particular situation. The feelings are very strong, but they can be overcome.
 - a. Loneliness – thinking “nobody cares” is not necessarily true, but even if it is, Jesus will be with you, and he really cares about what you are going through. No matter how lonely you are, you can talk to God. Jn. 16:32 – every man forsook Jesus at his arrest and crucifixion, yet he was comforted in knowing that the Father was with him.
 - b. Hopelessness – if your prison situation looks hopeless, realize that God has given you a hope that extends beyond this life. 1 P. 1:3-5 – “Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God’s power are being guarded through faith for a salvation ready to be revealed in the last time.”
 - c. Guilt – you are perhaps suffering feelings of guilt concerning the crime that got you in prison, as well as your sinful life in general. This may be aggravated by the fear that if you confess it honestly, you will never get out. Read Ps. 51, by king David after being guilty of having a man killed so he could take his wife. Also 1 Cor. 6:9-11 – it lists many grievous sins that will keep people out of the kingdom of God (if unrepented of), but then it says “such were some of you” (you used to be that way) “but you were washed, you were sanctified, you were justified in the name of our Lord Jesus Christ and by the Spirit of our God.” (you are not that way any more).
 - d. Feelings of worthlessness and failure – perhaps to this point your life does seem like a failure, but it doesn’t have to stay that way. Until now, maybe you are reaping the fruit of the evil seeds you sowed, but from this point, look to obey and serve God. Jesus loved you enough to die for you, even when you were an ungodly sinner! Rom. 5:6-10 Evidently he doesn’t see you as worthless!
 - e. Lack of purpose – if you expect to get out of prison, you can be preparing for that day so that you can become a productive member of society and of God’s kingdom. If you expect to die in prison, you can still become a minister of the gospel to those around you. Your purpose now is to know God and learn the scriptures, not only for your own benefit, but also to help the other prisoners and guards around you.
 - f. Fear – Isa. 41:10 says “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”
 - g. Pain – The man Job suffered so much physical pain that he desired to die, but he would not kill himself.
 - h. Self-pity – never helped anyone! Take courage and stop blaming others for your life.
 - i. Bullying – David was chased all over the country by king Saul and his armies, but he didn’t kill himself, nor would he kill Saul when he had two chances.
5. You must maintain your spiritual state and mental thinking so you do not repeatedly fall into this horrible state of mind. Phl. 4:4-8
 If you are new to the Bible, start by looking up the scripture verses listed in this paper, and then start reading the New Testament in Luke and John. Also read in the book of Psalms daily.
6. If life seems overwhelming, determine to take life one day at a time. Mt. 6:33-34

You may feel abandoned, but God has not left you, and we on the outside are also praying for you.

Although I prefer the King James Version of the Bible (KJV), the citations above are from the English Standard Version (ESV), to help make it more understandable, if you are new to the Bible.

Other teaching notes are available at: <https://hnslack.wixsite.com/mysite>